



porpoiseful SUMMER CHECKLIST

Use this list for making the most of your summer, choosing & adding ones that most resonate.

Self-Care

- sit in the sunshine**
a few minutes each day
(use mineral sunscreen if in the sun for longer)
- daily sun salutations**
- rehydrate often** try your own fruit-flavored water
- read or listen to a good summer book or podcast**
-
-
-
-

Summertime Fun

- get outdoors** (hike, bike, walk the beach, play...)
- make s'mores or popsicles & share!**
- grill out**
with sustainable seafood
- build a sand castle** (& knock it over for the sea turtles!)
-
-
-
-

Summer Home

- make a seashell craft**
- check sunscreen supply**
toss all non-reef-safe ones
- simplify dinners**
with easy recipes
- hang a patriotic flag or decoration**
-
-
-
-

Spread Joy & Kindness

- list happy summer moments**
& share with family or friends
- safely light sparklers**
with friends or family
- take a summer fruit plate**
to someone who is alone
- color an adult coloring page**
& mail or email it to someone
-
-
-
-